

THE NUTS AND BOLTS OF DEVELOPING A MENTAL HEALTH RESOURCES ACTION PLAN BY NP STUDENTS



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OBJECTIVES

1. Discuss the rationale for developing a community mental health resources action plan
2. Replicate the *Community Mental Health Resources Action Plan* instructional strategy



- A stated goal of Healthy People 2020 is the improvement of mental health through not only prevention but through accessing appropriate mental health services.
- In 2009 the United States Preventive Services Task Force (USPSTF) recommended annual screening of adolescents for depression but *only when there are systems in place for management and referral.*



Referral Systems For Mental Health Issues

- Currently there are systems in place in outpatient clinics to address referrals for patients with complex physical health issues.
- Unfortunately referral plans for mental health issues are lacking which may result in less than optimal care



Barriers to Mental Health Care Management in Primary Care

- Time
- Lack of knowledge of referral sources
- Lack of sufficient MH providers
- Financial constraints



- A 2009 survey of primary care physicians revealed that arranging for outpatient mental health services was twice as difficult as arranging for physical health referral services.

Cunningham, 2009



Filling the Practice Gap

An active learning instructional strategy was designed for students in a family nurse practitioner program with the goal of facilitating referrals to mental health resources within each student's respective community



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Theoretical Approach

- Interactive assignment utilized principles of adult learning theory by M. Knowles
- Assignment included actual patient scenarios, interdisciplinary interviews, community services analyses and web-based searches



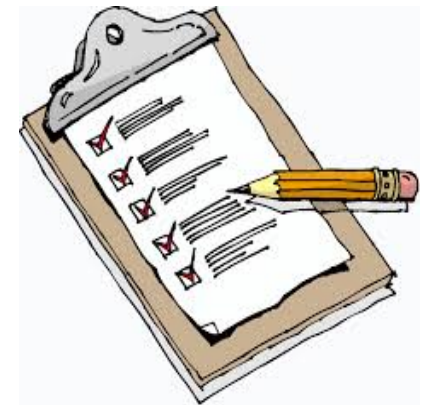
Community Mental Health Resource Analysis

- Purpose:
 - To develop a comprehensive list of mental health referral sources within your community that can be used as a resource in your practice



Assignment Specifics

- Based on patient scenarios that may be encountered in practice.
- Students could choose the format for the finished product
- Emphasized that this will be their referral resource for practice



Part 1

The Suicidal Patient

- Identify the process for obtaining assistance should your patient state that he/she :
 - is suicidal and has a plan with intent to act on the plan in the next week. What are the options within your area for an immediate psychiatric referral ?
 - is suicidal and has a plan with intent to act on the plan after he/she leaves your office. They are *not* agreeable to any psychiatric consultation.



The Suicidal Patient

- has thoughts of suicide and has an idea of how he/she might do this but does not have an immediate intent. What is the name of the mental health center, psychiatric nurse practitioner/psychiatrist, that you will contact *who would be able to give that patient an appointment within a week or two?*



Part 2

Alcohol Use Disorder

- Your patient admits that he drinks a six pack of beer a night and two packs on weekends & his consumption is increasing. His excessive drinking started after his wife left him. The patient agrees to enter a rehabilitation center for treatment.



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Alcohol Use Disorder

1. What is available for the patient without insurance? With insurance? Is this a dual diagnoses treatment center? If not, where is the nearest dual diagnoses treatment center?
2. Where is an AA meeting location in your community and what days/times do they have meetings? (You may download a document from your community's website and attach to this assignment.)



Part 3

Spousal Abuse

- Your patient admits that she is a victim of spousal abuse. Where is the nearest women's shelter?
- Do they provide counseling services at no charge to women who are victims of all forms of abuse, ie. emotional as well as physical abuse?



Part 4

Recommended Therapists

- Identify the name(s) of the therapist(s) recommended in your area for the following scenarios:
 - a 16 year old lives with his mother and fights constantly. He sneaks out at night & is failing in school. His mother states that she is at the end of her rope.
 - a 30 year old female patient tells you she has dated someone for a year but the thought of any physical affection/sexual intercourse makes her “sick to my stomach”.



Recommended Therapists

- a former soldier who is out of the military tells you he has severe anger issues and that the slightest noise can trigger rage.
- a 65 year old gentleman who was recently diagnosed with Alzheimer's disease is having difficulty accepting the diagnosis.
- a 20 year old male who is having gender identity issues.



Part 5

Local Support Sources

- Where is the nearest
 - NAMI (National Association for Mental Illness) chapter?
 - Al-Anon/Alateen group
 - Divorce Recovery group
 - Grief Recovery group



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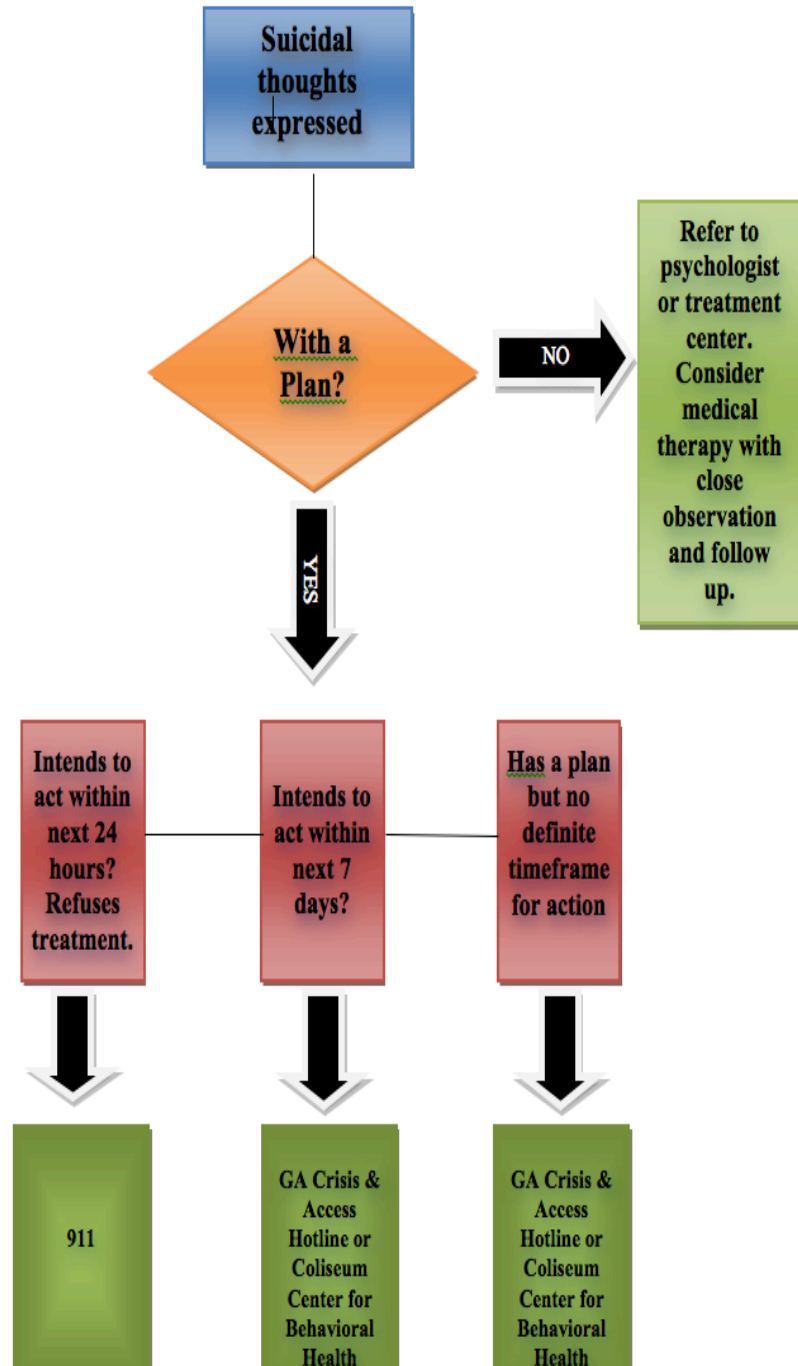
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Student Submission & Feedback



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Suicide Algorithm





	Coliseum Behavior Health	Phoenix Center Behavior Health	Ridgeview Institute	<u>Beachway</u> Therapy Center
Insurance	X	X	X	X
Self- Pay/Indigent		X		X
Dual Diagnosis Treatment	X	X	X	X
In-Patient Setting	X	X	X	X
Outpatient Setting	X	X	X	X
Chemical Dependency – Program	X	X	X	X
Phone / Intake	478-741- 1355	478-988- 7100	770-434- 4567	800-206- 8809

Alcoholics Anonymous – Meeting Locations

146 Peter Street Cochran – T, F 8:00 pm

405 Norman Ave. Eastman – Sunday (4pm), M-Fri 12noon

County Extension Building, Hawkinsville – 7 days/week, 8pm

Woman's Shelter

Family Counseling Center – family counseling at no charge

Macon, GA 478-745-2811

Safe Shelter – male and female spousal/domestic abuse at no charge

Savannah, GA 912-629-8888

WINGS Program – female shelter. free of charge – Dublin, GA 478274-2545

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Therapists/Counselors

– **Teenage / Family focused therapy-Awareness Counseling– Adult, Family, & Adolescent Counseling**, Lori Gaylor, M.S, LPC Warner Robins, GA 478-953-2122

Teen Center -Hodac (Warner Robins) – 478-953-5675

– **Female w/ intimacy counseling needs –Adult, Family, & Adolescent Counseling**, Yvonne Hartig, M.S, LPC Warner Robins, GA 478-953-2122

– **PTSD Counseling-** Dr. Amy Lee Flowers PhD , Macon, GA 478-298-4119

– **Alzheimer's Disease –** Monica Stevens Kirby LMFT, 478-298-8534

– **Gender Identity Issues –** Danielle Bocchino, LPC, EdM 478-569-1127

National Association for Mental Illness Chapter

Family Support Group – 3rd Saturday of each month at 10am – noon

Medical Center of Central Georgia – Room 1

777 Hemlock St, Macon, GA 31201

Student Feedback

- “Upon interviewing the local FNP at the health department, . . . she was under the impression that there were no mental health services available. Although the local services were found to be minimal, mental health services are in fact available. Identification of the available services will help the providers in referring patients . . . to obtain the services they need.”
- “The community mental health resources analysis helped prepare me for future situations as an NP.”



Student Feedback

- “I feel the this assignment has given me a practical tool to use during clinical and was a good reason for contact with my preceptor.”
- “This was a meaningful assignment. I have shared this with the FNP & nurses at my clinic site who were all grateful & surprised to learn about mental health resources available to patients in our county. There has been the belief that there were no mental health resources available, until now.”



References

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- Knowles, M., Holton, E. , & Swanson, R. A. (2005). *The adult learner: The definitive classic in adult education and human resource development*. Amsterdam: Elsevier.
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- Zuckerbrot, R.A., Cheung, A.H., Jense, P.S., Stein, R.E., Laragie, D. & The GLAD-PC Steering Group(2007). Guidelines for adolescent depression in primary care (GLAD-PC):1. Identification , Assessment and Initial Management. *Pediatrics*, 120(5), E1299-e1312.



Questions ?



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